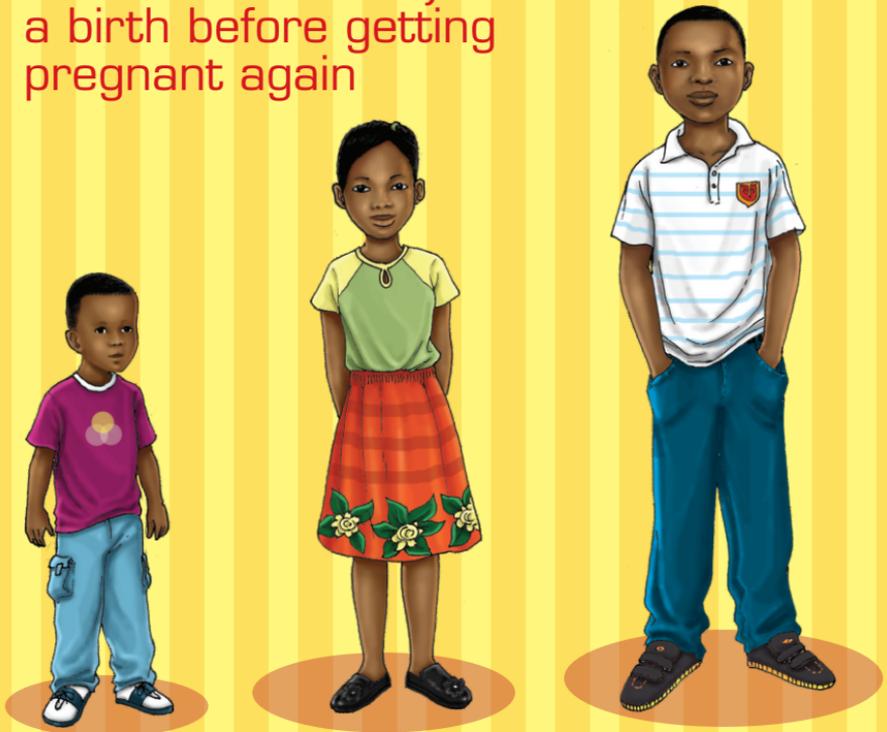


Space your birth for a better future!

SPACING YOUR PREGNANCIES SAVES LIVES

Wait at least two years after a birth before getting pregnant again



Visit the nearest family planning centre for more information